

Ella Wheeler Wilcox. On My "Creed"

onsumption was a disease first brought

arow off any of the microbic diseases

against which nature itself had made

ample provision when the body was in a healthy condition,
"Finally, the bold statement was

made that the cough was unnecessary, that it could be controled, and that the

more she coughed the more the throat

would become inflamed, and that the thing to do was to use will power to

control the cough and thereby control

"The patient was then placed in be-

in a horizontal position, with legs and arms relaxed, and told to try to go into

during sleep nature rebuilt its tissues and only during sleep could this be done—until finally the patient dozed

off with deep and regular breathing.

Power of Suggestion.

"The patient was then left alone and

sound asleep. This method was pur-sued but twice when the patient an-

nounced that the cough was gone. This

treatment took place two years ago

with no recurrence. Hhe is a music

"While visiting the brickvards of a

friend of mine, it was noticed that one

of the men on the night turn to fire the kilns was unable to handle his

shovel properly, and when asked about it, said that two years before a derrick

had fallen which gave him a glancing

blow across the back, and whenever he

the inflammation.

A N EMINENT English physician and surgeon said recently: "The doctors who refuse to take the metaphysical theories of healing seriously are going to be left in the rear of

And this physician had but a limited and this physician had but a limited understanding of the great progress of this theory of mental healing in Ameri-ca. But he was awake and he saw the signs in the east of the wonderful day

It may not be generally known that Cnicago has a sanitarium where dis-eases are mentally treated. Dr. Lindlarh is one of the pioneers in this field, and already has accomplished what the uninstructed call miracles.

Now the White Sanitaroum, of Free-port, Ill., has added what is called the Psycho-Thereaputic department" with Henry Goetz at its head.

A letter from this specialist in the

"For 14 years, now I have made a special hobby of investigating cures where the mind was the chief factor, and while I did this as a man in business and with more or less secrecy, it finally induced me to take up the work on an extended scale. I have left my home at New Albany, Ind., and intend to take charge of the psychotherapeutic department recently added to the armaent of this private hospital. I have had personal talks with Leavitt and will sleep touight and in the morning Larson and have recently written my wake up refreshed and feeling well. Larson and have recently written my experiences in a magazine article and because this hospital is probably the first of any of the ethical institutions to take up this branch of the work, I am writing you for the purpose of get-ting acquainted and exchanging experiences, many of mine bordering on the

"There is more or less feat or super-stition in the minds of the public, and the pioneers must stand more or less ridicule until it finally comes to an awakening and receives its proper credit as probably the greatest therapentic agent. I have done some work in morality cases, and succeeded splen-didly in a case of insanity accompanied by hallucinations, in both waking and eping moments. I am so elated that I am sure the 20th century will witness the greatest discoveries in the science vehology

"Take for example the case of Mrs. R, whose husband had died of consumption, and she, nursing him, was finally prostrated at his death. She recovered, but was left with a cough which from day to day was getting worse. She ie to me with a cough so severe that she for the last three months had not rested more than a half hour at a time during the night. Her paroxysms of coughing were so severe we feared that they might rupture a blood vessel. Power of Mind.

"In diagnosing the case it was decided that all physical and medicinal remedies she had been continuously taking could not cure, and that the fact that her husband had died of tuberculosis had impressed itself upon he mind until she was satisfied in her sub-In her husband's footsteps. The case was diagnosed as a strictly men tal case, to be cured by mental means, and this was the program followed: The ower of the sub-conscious to fix upon ome idea was explained.

"She was then instructed how the functions and organs of the body. It excitement, all of them mental factors. could influence the heart beat. Con-

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on thin, pale children is almost magical. It makes them plump,

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contains no drug, no alcohol, nothing but the purest and best ingredients to make blood, bone and solid flesh.

and asked him what he usually did for the pain and he said, 'I have some lini-ment in my vallse, which I wish you would rub on my back.' I said, 'Hopkins, I can cure your pain without lini-ment if you will do what I want you to do,' to which he said 'Go ahead, I will do anything you say.'
"I said: 'Relax every muscle, I want

you to go to sleep for me, and when you are asleep I will rub the pain away.' He was obedient, and in a very few minutes he was asleep. I then rubbed his back lightly and said 'Your pain is gone. When you wake up you will feel well.

"I then left him asleep about five minutes. The wnole seance did not last over 12 minutes, and then I awoke the patient. He immediately got up, was greatly surprised behause the pain was gone and after subsequent investigation he worked at this place for three weeks on the night turn, and never once complained of any pain, aithough the nights were cold and the work at the kilns was such as to cause any one to catch cold through the continual coange in temperature."

While these and many more cases, in-cluding a cure for the drink habit and a cure of supposedly incurable maladies, are all interesting, they are only signs of the time approaching when each in-dividual will be his own healer.

SEARCH WORLD FOR NEW TOY IDEAS

(Continued From Previous Page).

train her little girl in the womanly arts may find abundant gifts in Santa Claus' bundle to enable her to do so. A thor-oughly equipped miniature kitchen will erable her to teach her little daughter the art of cooking, with all thought of work left out. A sewing machine and a sewing basket will give her a liberal training in the art of needle work. For the boy there is a grocery store, a set of carpenter tools, and many other at-

Animal Toys Are Best. The child of the present day becom a zoologist, a geographer and an eth-nologist almost without knowing it. The animal toy still surpasses eyerv other kind in the heart of the child, and the toy maker has learned his lesson by watching the city child go to the country and look with open-mouthed wonder at the cow, the horse, the sheep and the pig. With dolls and animals the child may be taught on what parts of the globe they are found, what their habits are, and what their traits.

One of the most interesting museums in the world is the toy museum which on by worry that affected digestion, and this with sexual or physical excesses weakened the body until it could not has been opened at Sonneberg, Germany. In this museum is to be found evamused the children for ages. It is aimed to make it the most complete institute of its kind in the world, and to tell the whole story of toyland from the day of the rude wooden doll of prehistoric times down to the most deli-cately fashioned and clothed walking and talking doll, and the most perfect mechanical toy of the present day. It is here that Santa Claus makes his headquarters at all seasons of the year and the American boy and girl who can take a trip to Sonneberg will never doubt but that Santa Claus really lives and that he constantly has their intera natural sleep. I then assisted the sleep effort by proper suggestions about the desirability of sleep, that

Tomorrow-Making Playthings.

DISTRICT PRESIDENT OF B'NAI B'RITH TO LECTURE H. J. Dannenbaum, of Houston, presi-dent of the Independent Order of B'nal "At the moment of passing from con-sciousness to unconsciousness, or from Saturday and Sunday and will speak at the waking to the sleeping state, I said the Mt. Sanai temple Monday ever ng at In a quiet but positive tone of voice: 8 oclock. Mr. Dannenbaum is an attor-Your cough is gone. Whenever you have desire to cough you will suppress Jewish charitable organization for sev-

EL PASO ROAD WORK TO

BE COMPLETED IN SIX WEEKS more weeks, and the road work in El Paso county will be completed and El Paso county will have the finest roads in the state. The finishing touches are being added to the Clin: Fabens teacher, has 40 pupils, is very busy and road by the contractors, when the road has given up the idea of ever dying of will be inspected and accepted by the road by the contractors, when the road county commissioners and judge A. S. J.

CLERK FASSETT TO MOVE FROM HOME OF 28 YEARS After having resided at 704 San Anonio street for 28 years, cice clerk C W. Fassett has decided to move and after this week his address will be 717 caught cold the pain would settle there Myrtle avenue. Upon his arrival in so severely that he could not stand, and El Paso, a l'itle over 28 years ago, Mr. he declared he must lie down right | Fassett ant his family located in a house adjoining 70! San Antonio street "I took him into the brickyard office and soon after meyel to the 791 address

The Conversional Jag

By Ada Patterson.

it and take a deep breath instead; you en states, including Texas.

H AVE you ever felt it coming on, punishment. Let us say it was needed the temptation to go on a conversational spree? The symp toms are a congestion of emotions in the heart corresponding to a rush of blood to the head; an almost uncontrolable disposition to open the mouth wide speech for a half hour, an hour, or an

What have you done? Yielded to it, told all you know and when that was afterwards? You had the depressed next day feeling that follows intoxica-You have a vague discomforting sense that you were not at your best. that the persons who listened to your monologue, listened with but half their brain. You remember that you caught eye on several excursions around the room. You felt after this orgy of words as does anyone else after an of spirits, that you wished you

the better defined fear that you have said more than you wished, of matters of business, of personal privacy, the conviction of having been egotistic and indiscreet, could have been prevented by two simple means. You could have taken a long walk alone. And you could have told the more or less precious stuff to your spouse. Communications to your wife or husband are privileged.

Art of Discreet Speech. I once heard a grim visaged New Eng-

land business man advise a garrulou new clerk to practice the art of discreet speech. "Many a good man has gone wrong because he had five or 10 minutes to spare and talked too much,"

A woman at the beginning of a prom ising business career lost her employ-ment because she talked not wisely, but too much, betraying a secret business detail at luncheon to a girl employed by a rival firm.

mother and daughter are both walking the hard way of the employ-ment seeker, because the daughter, employed by a theatrical firm, told her mother, who was in the office of another, the plans of the first. mother disclosed the secret. The firms quarreled. There were crimination and recrimination. The women who talked vice of Ben Franklin: both lost their positions. It may seem bit harsh to say they deserved that fit yourself or someone else."

A spectacular society woman of Nev York, wedded to a man who abominates society, but loves his work of the management of railroads, made by her free tongue an enemy of a powerful busi-ness associate of her husband's, and of the business associate's family. The of the railroad president. His plans succeeded. The railroad president, with finished told also all the thought? And no errors of judgment, no lack of diligence to his charge, was deposed. The spectacular society woman's income has been curtailed, which is deserved and immaterial. What really matters is that the earnest, hardworking, am-bitious husband has been in his old age buried in the ruins wrought by a Delilah whose only sin was her incessant tongue.

To Cure Overactive Tongue,

There are several cures for the habit of the overactive tongue. One is the chastening realization that the majority of persons care not in the least what we say, nor even what we think. The well developed individuals, who do their own thinking, reach their own conclusions and stand upon them. The opin-ions of others have no more effect than a breeze upon a deep rooted, well grown pine. The rest are not capable of long sustained interest and outwardly or inwardly vote a too voluble person a bore. Another cure is the sense of responsibility for every word one utters. The

weakest excuse ever offered is: "didn't mean it. I was just talking." Speech is the coinage of the mind and whatever lives in speec has first lived In thought. That the person who "just talks" is a dangerous leak was revealed in the sagacious words of the head of a coropration which was sending out a laborer." scout to learn what he could of the plans of a commercial foe.

of the natural confider."

Whoever talks much talks too much Silence is a neglected rest cure. would minimize our conversation and multiply our deeds if we obeyed the ad-"Say nothing except what will beneReceiver's SALE

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TESTIMONY IN SMUGGLING CASE

Other Witnesses Heard in the instructions given his wife by the Regard to Carload of

Thursday morning the preliminary hearing of Oliver M. Elliott and George Burgess, charged with smuggling Chinese, will be resumed before United States commissioner Geo. B. Oliver, the case having been adjourned Monday ofternoon before all witnesses had been Inspector D. S. Kuykendall Monday

afternoon testified that the box car in which the Chinamen had been placed was fastened with padlocks on each door and keys taken from the person of Elliott fitted the locks and enabled the inspectors to open them. Wong Lin, one of the Chinamen captured in the box cat, was called as the next witness, and after P. E. Gardner, as attorney for the defense, had objected, to his testimony on the ground that he was not a compe-tent witness, testified as follows: "I am 32 years old and was born in Chong business associate planned the undoing On Lee village, Hoi Ping district, China, and for the past 10 years have engaged in farming. I came from Hong Kong, China, to Manzanillo, Mexico, in February, 1916. I went from Manzantito to Torreon and came to Juarez in "On the night of December 15 I cross-

ed to this side in company with 15 other Chinamen. We started from Juarez about 7 oclock in the evening and walked more than 10 miles, coming to the railroad track on this side and were then shown to a box car. I do not know who was leading us to this side. I was in back and saw a lot of Chinamen, but I do not know if there was any white man there Another Chinaman Heard.

Lee Men, another Chinaman captured in the car, said: "I am 22 years old and was born in China. I came from Juarez on the night of Dec. 15. We went to some bushes on the outskirts of Juares and walked a long time until we came to this side and went into a box car. There was a dark man leading us, but I do not know what his nationality was and I have not seen him since. In crossing the river we removed our know who opened the box car. I got lost from the other Chinamen and trailed behind them. When we came to the car I followed the others in but did not see who opened it or who closed it up. This is the first time that I have been in the United States. I am a All licenses in force at present expire on The case was adjourned at 4 oclock

in order that the state may summon "Get hold of a talkative fellow. If Mrs. Fellipe Candelsria from Ysleta, she you don't know whether he's talkative, having made the contract to sell the choose a fellow with three little wrin-kles under his eyes. That is the mark the box car to hide the Chinamen.

Man Who Sold Hay.

Felipe Candelaria testified that two clares he will require, insolar as men had called at his home while he law allows him, a certificate of moral character from saloon keepers applying the warehouse and had been paid \$60 by He expects this system will cut out agent Lawrence. He said he did not many saloons whose owners are of bad know who had ordered the hay, but his repute.

wife had told him about it upon his return to Ysleta. He said he did not know where the hay was to be shipped but had merely delivered it according to

Kuykendall Testifies. D. S. Kuykendall, an immigration inspector, told of the arrest of the two men, saying: "I have known Elliott a long time. I first saw Burgess at the Ysleta station on Dec. 12. Then I saw them together at the keno game in Jua-rez in the evening of the same day. The next day saw Burgess visiting the pawnshops on El Paso street.

of Friday, Dec. 16, about 2:19.
"On the night of Dec. 15, inspectors At about 10 minutes before two, we ing \$5000 will be installed in the lodge saw a man, whom we afterwards identified as Burgess, walk down the track buffet. found a cleat which held the door fast. | tal membership 200. "When all the Chinese wers in the car, we rushed them and Huffman caught Burgess and handcuffed him. Elliott ran into the warehouse and later into the waiting room. He said that he was waiting for a train. We called to him to come out, and he did so. We asked him for his gun and he said: 'You boys know that I never work with a gun.' Later we scarched in the office and found a gun in a cup-

board near the stove, where Elliott had been crouching.
"Elliott's clothes and shoes were He claimed that he had been in the office and when he heard us he be-came scare? and climbed into the waitng room, but there was no mud or the window sill."

COLORED LICENSE CARDS ON WAGONS AFTER FIRST OF YEAR

Transfer wagons and other equipages in the city subject to license will after the first of the year carry pasteboard signs, the color of which will be changed every three months, as the licenses expire at the end of each quarter. By adopting this method, it is thought the pelicemen will be aided in their efforts to detect wagons on which the license has not been paid, as the color of the card will be more easily distinguishable than the date to which the license has been paid, as is the present custom. December 31.

SALOON KEEPERS MUST

HAVE GOOD CHARACTERS Austin, Texas, Dec. 20 .- W. P. Lane, controller elect, who has arrived and leased the residence of W. A. Terrell,

TO OPEN NEW CLUB ROOMS DECEMBER 31

Beavers Are Planning for a Big House-Warming in Herald Building.

Setting a record in the fraternal liable. 109 N. Campbell. world, the El Paso dam of Beavers will have open house in their new lodge and club rooms in The Herald building on New Year's eve, which will be less than pawnshops on El Paso street. two months from the time the organi-I next saw Elliott on the morning gation was established in El Paso. The house committee of the Beavers

"On the night of Dec. 15, inspectors is at work arranging for the furnish-Briggs and Gourley, ranger Moore and I rented the front room of a Meyican's for the Herald building, where the house across from the station, and there had a view of T. P. box ar 2576. Heavy golden oak fixtures costroom, the rest room, billiard room and

and around the car. He climbed into the end door of the box car; then he and a man we afterward; identified as Elliott helped the Chinese into the box car, one at a time. After they were all families and friends. Another class of in, they closed the back and we heard 50 candidates will be initiated into the them pounding on the door. We later new lodge Friday night, making the to-

J. G. Nesbitt, of Toyah, Shreveport and points east and south, is here on route to Las Cruces. He is arranging to move from Las Cruces to his old home in Shreveport for the winter.

The Quickest, Simplest Cough Cure

Easily and Cheaply Made Home. Saves You \$2.

This recipe makes a plnt of cough syrup—enough to last a family a long time. You couldn't buy as much or as good cough syrup for \$2.50.

Simple as it is, it gives almost instant relief and usually stops the most obstinate cough in 24 hours. This is partly due to the fact that it is slightly laxative, stimulates the appetite and has an excellent tonic effect. It is pleasant to take—children like it. An excellent remedy, too, for whooping cough, sore lungs, asthma, throat troubles, etc.

Mix one pint of granulated sugar with ½ pint of warm water, and stir for 2 minutes, Put 2½ counces of Pinex (fifty cents' worth) in a pint bottly and add the Sugar Syrup. It keeps perfectly. Take a teaspoonful every one, two or three hours.

Pine is one of the oldest and best known remedial agents for the throat membranes. Pinex is the most valuable concentrated compound of Norway white pine extract, and is rich in guiatcol and all the other natural healing elements. Other preparations will not work in this formula.

The prompt results from this recipe have endeared it to thousands of house-wives in the United States and Canada, which explains why the plan has been imitated often, but never successfully.

A guaranty of absolute satisfaction, or money promptly refunded, goes with this recipe. Your druggist has Pinex or will get it for you. If not, send to The Pinex Co., Ft. Wayno, Ind.



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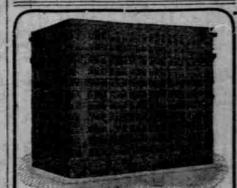
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